

Leadership Substance Abuse Course (LSAC)

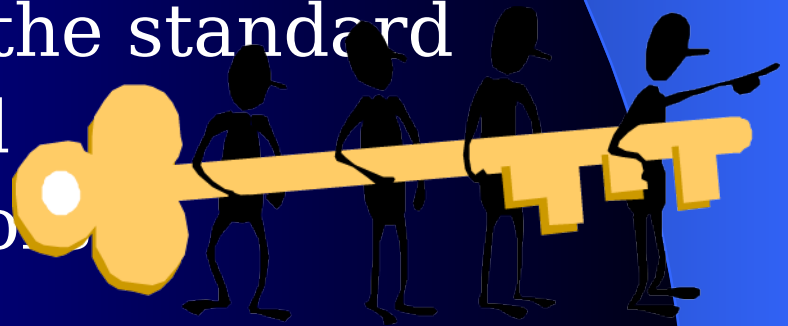


Goal

- To help supervisors gain awareness of substance abuse issues, and how these issues effect the readiness of Military
- Describe to supervisors the training offered their subordinates
- Garner Leadership support in promoting Edwards' prevention program

Our Vision

- 20 years from now...
 - No longer losing Airmen in alcohol related auto crashes
 - Zero Airmen arrested for DUI
 - Less than 1% of our Airmen affected
 - Responsible use is the standard
 - Abuse not tolerated
 - Proactive Supervision



Why am I here?

- How substance abuse effects military?
- Illicit substances (Edwards has a problem)
- Does alcohol count?
 - If so, why?!
- Status Quo or do we need more prevention and or treatment?
- Your part (Team Edwards)



Alcohol the Substance

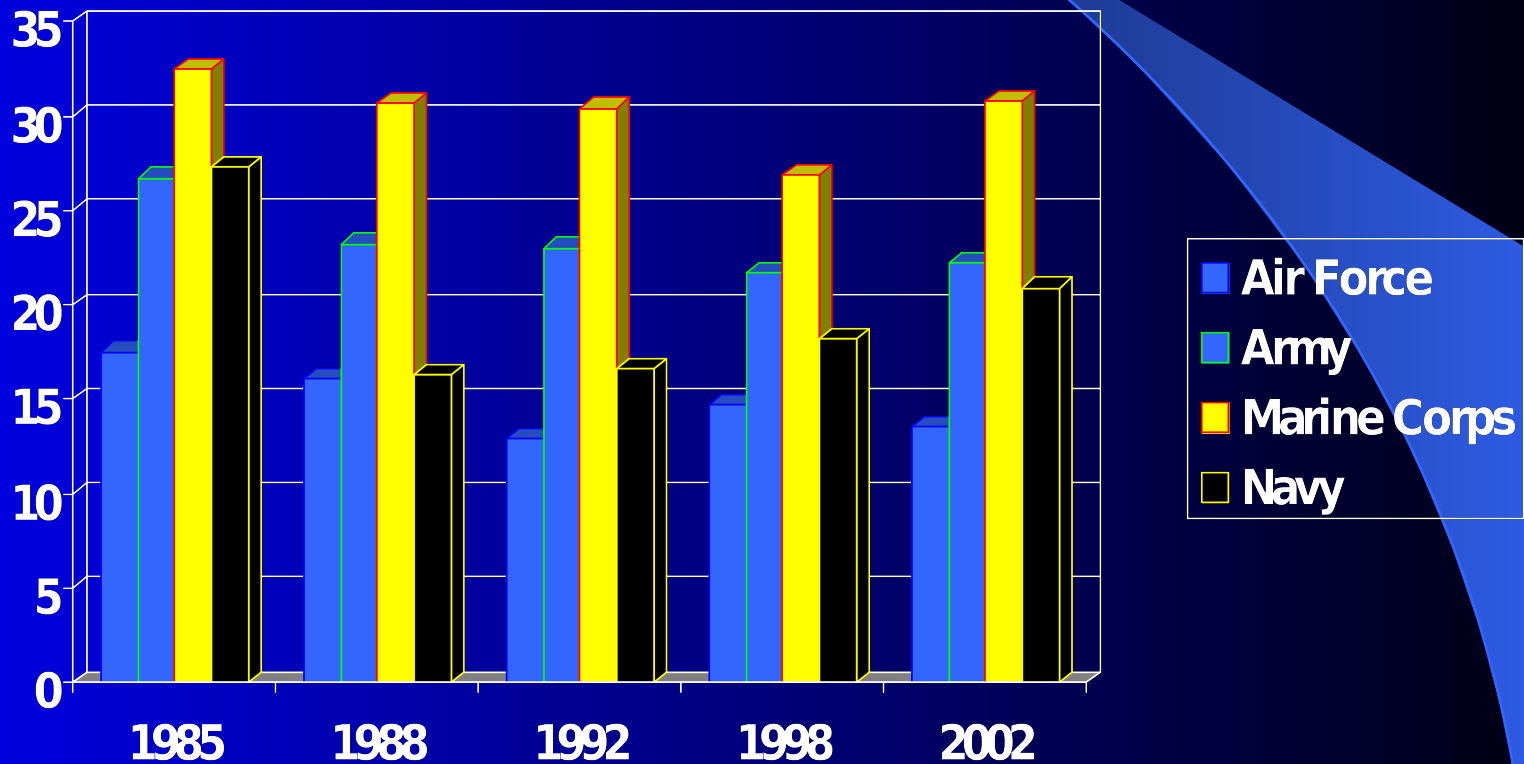
- A DRUG – do we treat it as a drug?
- A FOOD – 170 “empty” calories
- A TOXIN – Acetaldehyde



Heavy Alcohol Usage

- Do you consider yourselves heavy drinkers?
- What is “heavy alcohol use?”
- The Dept of Health & Human Services describes “heavy alcohol use” as...

Who drinks the most!?



Trends in Percent of Heavy Alcohol Use by Service

	1985	1988	1992	1998	2002
Air Force	17.5	16.1	12.9		14.7
13.5					
Army	26.7	23.2	23.0		21.7
22.2					
Marine Corps	32.5	30.7	30.4		26.9
30.8					
Navy	27.3	16.3	16.6		18.2
20.9					

Source: DoD Survey of Health Related Behaviors Among Military Personnel

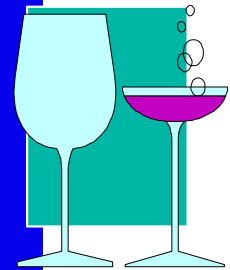
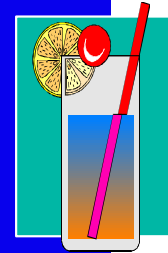
Review of Alcohol Information

- Explain what is meant by a “Standard” Drink
- Basic Alcohol Knowledge
- Blood Alcohol Level (BAL)

STANDARD DRINK



- 4 oz. wine
- 10 oz. wine cooler
- 12 oz. of beer (10 oz. of microbrew or malt liquor or ice beer)
- 1 oz. of 100 proof hard liquor
- 1.25 oz. of 80 proof hard liquor



Only one glass of alcohol a day? I can live with that!

My SACO said "Only 1 glass of alcohol a day". I can live with that.





Spectrum of

First Contact

Drinking

Experimentation

Integration

ABUSE: Problems arise: financial, late to work, hangovers at work, alcohol on breath, blackouts, legal, relationship problems, etc.

STAGES OF ADDICTION

EARLY	Blackouts, Tolerance, Hiding
MIDDLE	Loss of Family, Friends, Jobs
LATE	SPIRITUAL DESPERATION - HOPELESSNESS

Effects of Alcohol Chart

.02-.03% No loss of coordination. May experience slight "buzz" and loss of shyness.

.04-.06% May experience a "buzz," feeling of well-being, relaxation, lowered inhibitions, sensation of warmth, minor impairment of reasoning and memory, lowering of caution.

.07-.09% Legally intoxicated in **most** states. May experience a "buzz," slight impairment of balance, speech, vision, reaction time, hearing. Also experience reduced judgment and self-control. Definite impairment of muscle coordination and driving skills. Increased risk of nausea and slurred speech.

10% Clear deterioration of reaction time

Effects of Alcohol Chart (continued)

.10-.12%	May experience a buzz, significant impairment of motor coordination, loss of good judgment, slurred speech, impaired balance, vision, reaction time and hearing.
.13-.15%	The buzz is reduced. Replaced with anxiety and restlessness. Gross motor impairment, lack of physical control, blurred vision, major loss of balance. Risk of blackouts and accidents.
.16-.24%	Anxiety and restlessness predominates. Nausea may appear. "Sloppy drunk."
.25-.29%	May experience anxiety and restlessness, total mental confusion. Need assistance in walking. Nausea and vomiting.
.30-.39%	May experience loss of consciousness
.4% and up	May experience onset of coma. Death due to respiratory arrest.

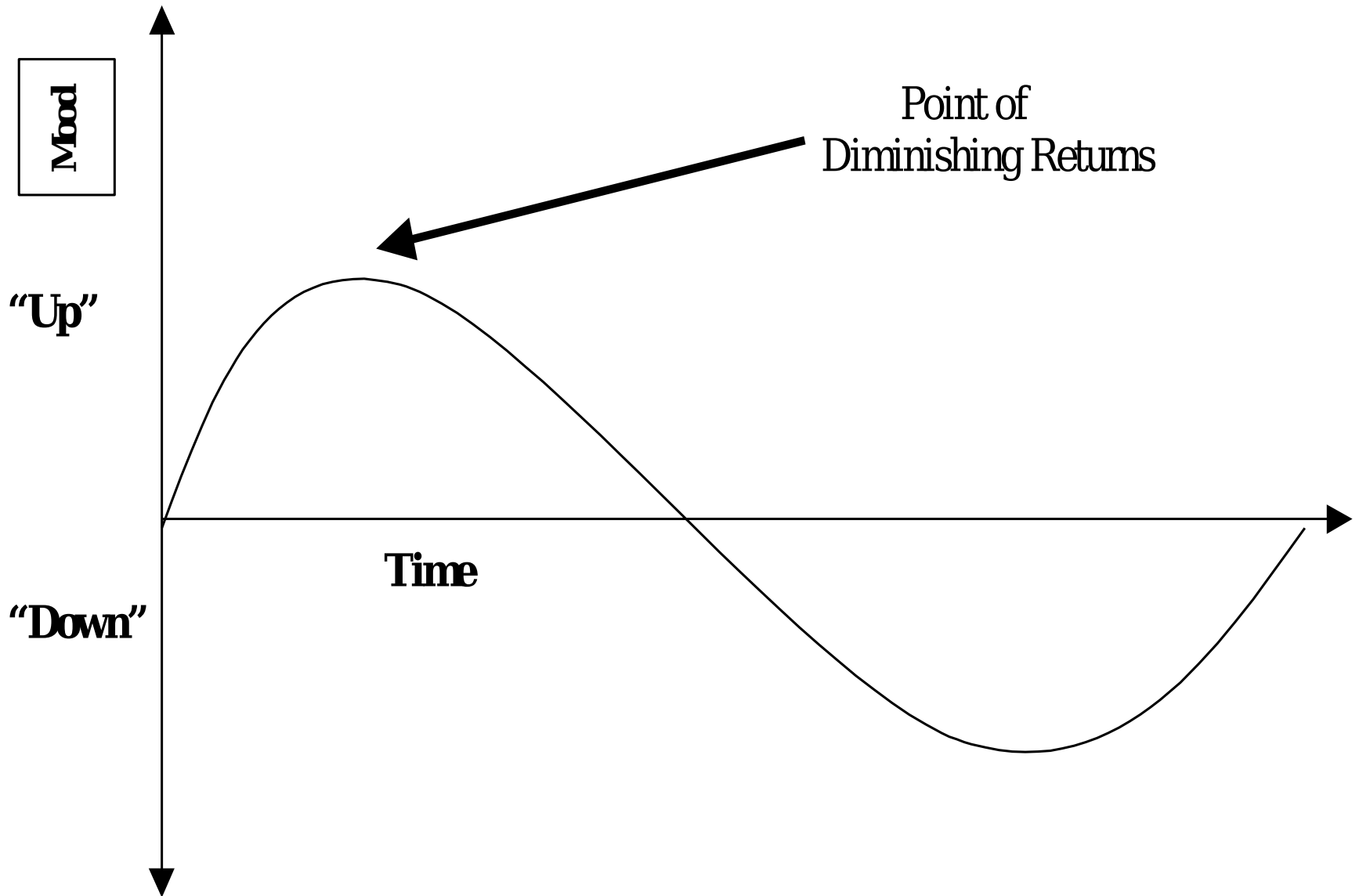
What's Happening to Your Body?

- Hangover
- Liver processes how many standard drinks per hour?
- Pass outs vs. Blackouts
- What is tolerance?

The Up and Down Effects of Alcohol

- Effects of Alcohol Change Over Time
- Introduce Up/Down Curve
 - Effects change over time, first up then (ultimately) down
 - Cultural myth about alcohol
 - Point of diminishing returns

The Up/Down Response to Alcohol



MONEY AND ALCOHOL

Alcohol and budgets (estimate annual expense for alcohol)

	<u>Estimates</u>
Your average number of drinks per week (includes package store & bars)	<u>24</u>
Average cost per drink	<u>3.00</u>
Total cost per week	<u>72.00</u>
Weeks in year	<u>52</u>
Annual alcohol expense	<u>(\$72.00 x 52) \$3, 744.00</u>

Moderate Drinking

As defined by the *Department of Health and Human Services* to avoid Health complications



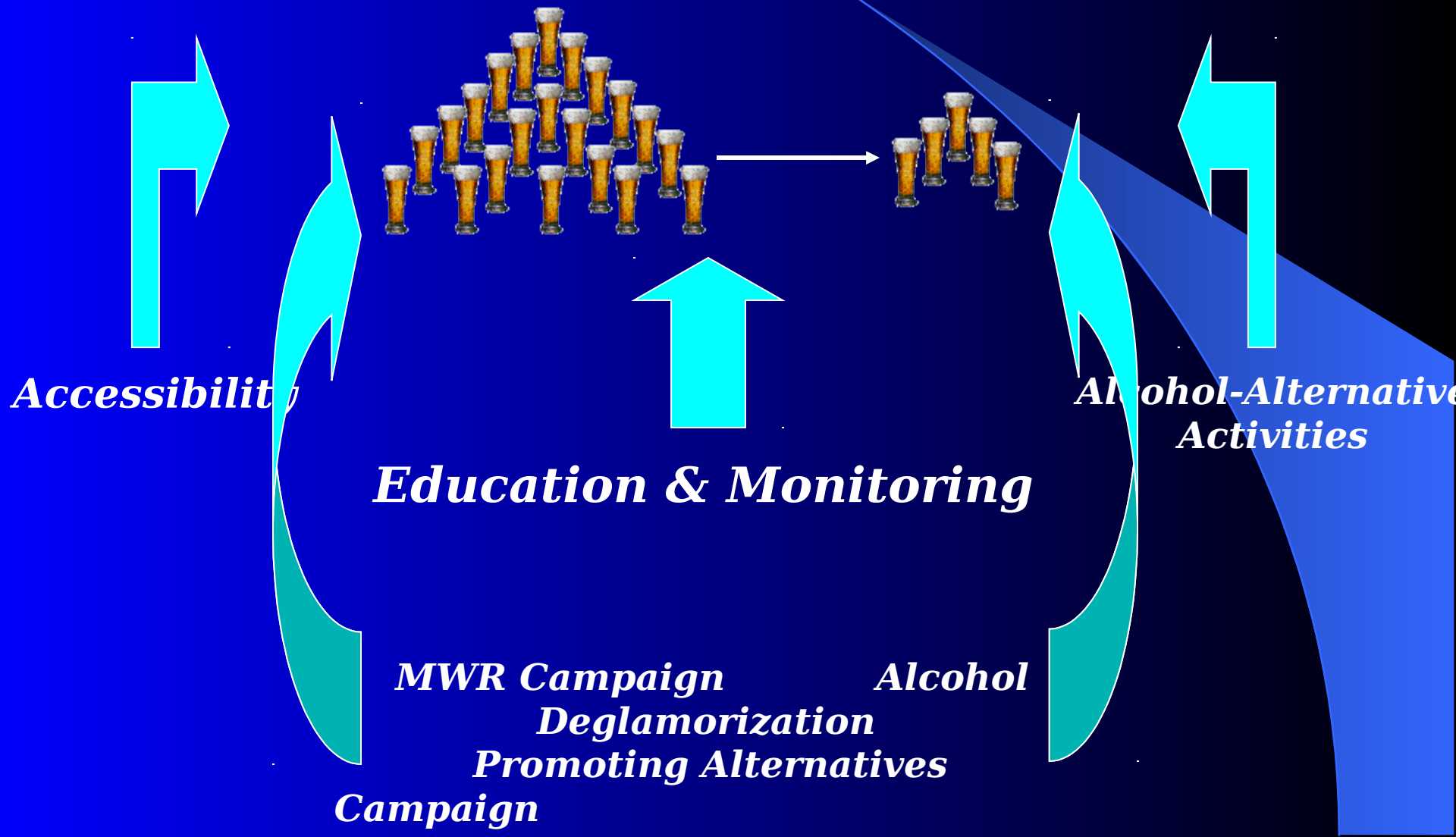
1 per day
Women



But not if:

- attempting pregnancy
- pregnant
- nursing
- underage
- driving
- can't control intake
- doing skilled tasks
- taking medication
- recovering

Expeditionary Plan



Risk Reduction Tips

- Outline safe drinking guidelines
- Ask Airman to examine their own drinking habits
- Provide specific tips to reduce risks from alcohol
- Tips for minimizing risks associated with alcohol & sex
- Provide specific tips to avoid drinking and driving
- Discussion of other things to do

Alcohol and Depression

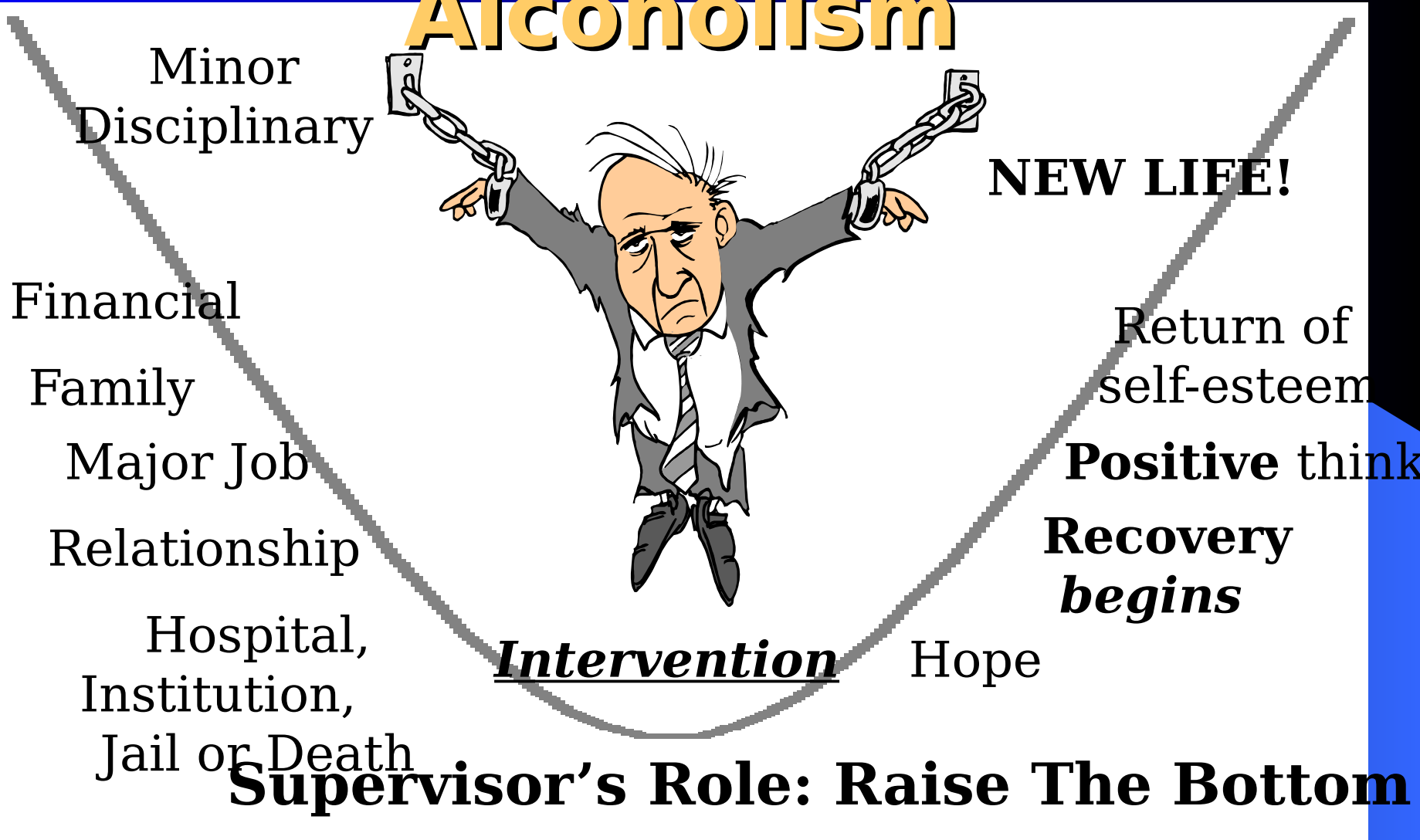
- Alcohol is a depressant drug
- Depression is underlying cause of suicide
- Alcohol plays major role in suicides of the:
 - Occasional user
 - Abuser
 - Alcohol dependent

**Address signs of depression
immediately**

Take ALL suicide talk seriously.

**Reach out and get immediate
help**

Predictable Path of Alcoholism



Signs and Symptoms

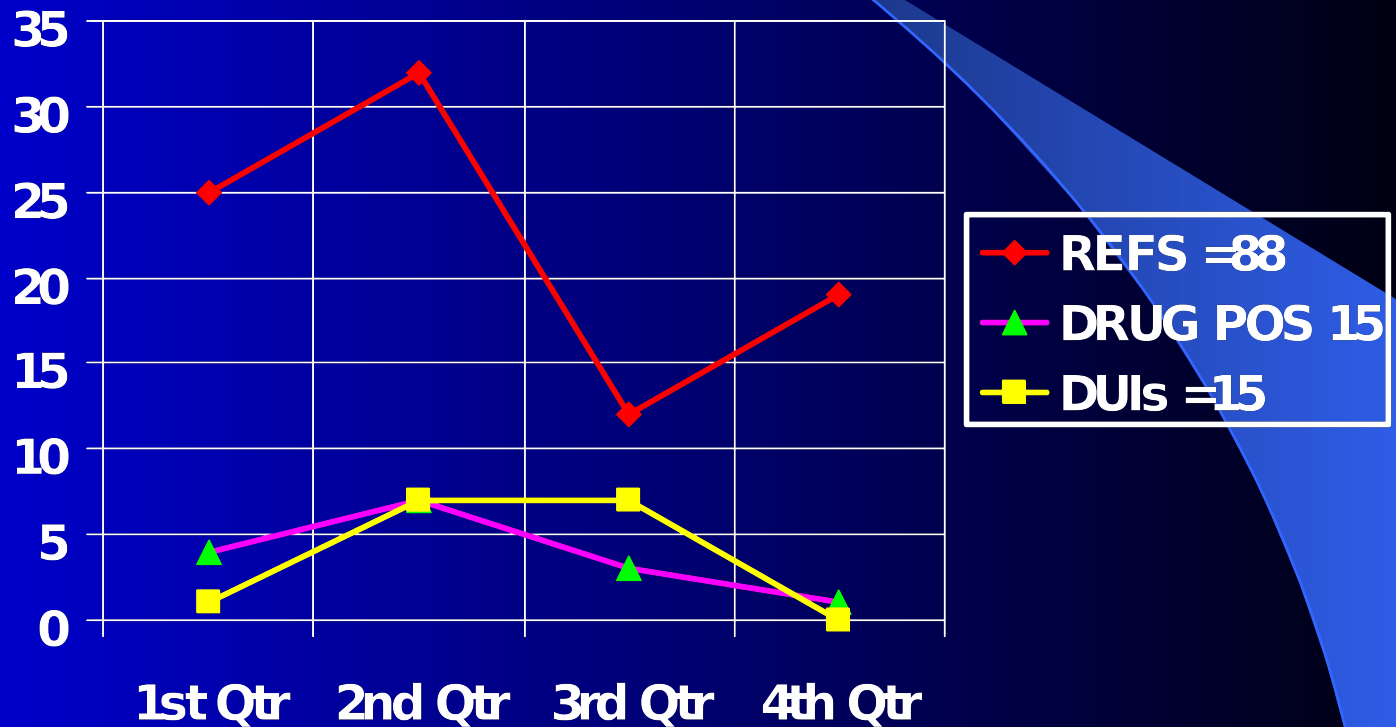
- **Problems** - marital, family, financial, legal, relationships, responsibility, work etc.
- **Denial**
- **Blackouts**
- **High tolerance**



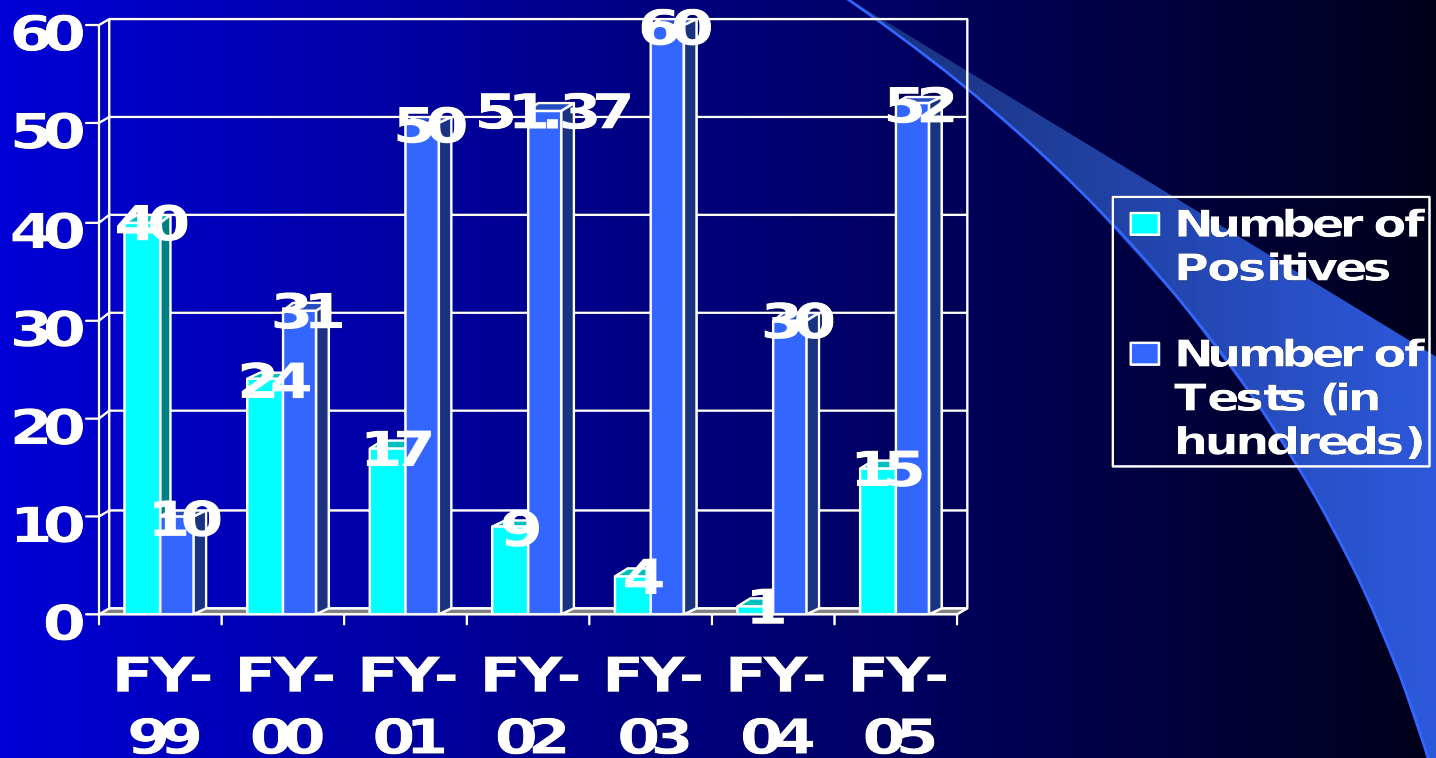
Bottom line: If drinking causes problems, drinking is a problem

Edwards Statistics

FY05 STATS BY QUARTER



Program Statistics



Demand Reduction Selection Process

Ok Boss,
Who's next?



The Selection Process

- Air Force Drug Testing Program (AFDTP)
 - Computer Based Program
 - Selects the testing day
 - Selects the personnel to be tested
- Drug Demand Reduction Personnel
 - Inquire the computer daily
 - Print out Rosters, labels and notification letters
 - Contact unit POC's (Trusted Agents)

The Selection Process (Cont'd):

- First contact POC via telephone
 - Verify POC name and Fax Number
 - Fax list within 5 minutes of initial contact (If you do not receive the list within 15 min of contact, please call us)

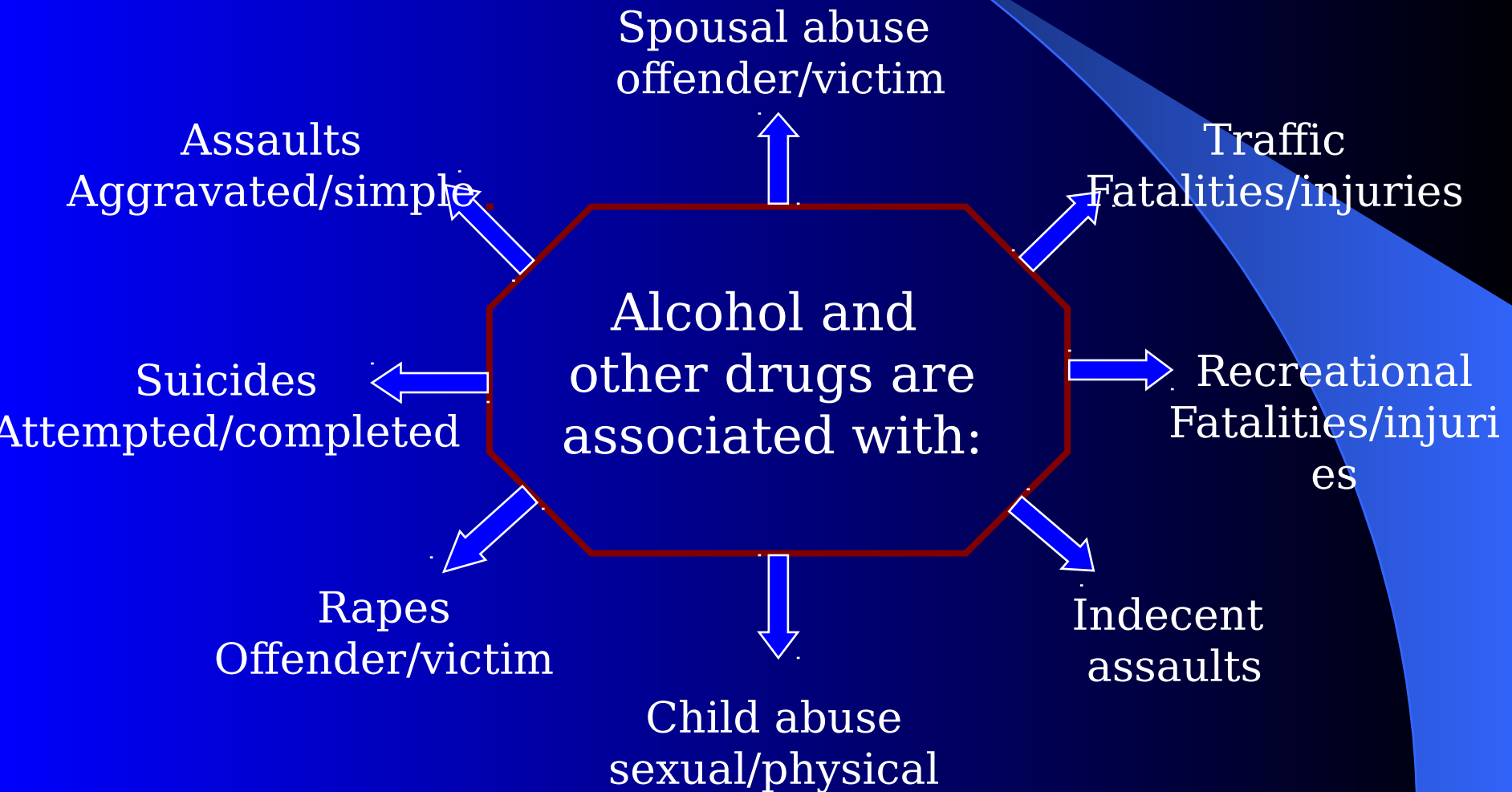
Urinalysis Program

- Edwards 10% monthly for random urinalysis
- A minimum of one unit sweep per year
- Positive samples tested **three** times:
 - different stations;
 - first two identify drug presence;
 - third “fingerprints” drug;
 - need 3 positives test results = positive report.

Substance Abuse

- How does it effect mission readiness?
- How does it effect morale?
- Is drinking always bad for morale / esprit de corps?

Impact of Substance Abuse



Successful Command Substance Abuse Prevention Program

- Announce command policy
- Educate all members
- Deglamorize alcohol
- Reduce risks; i.e., limit availability
- Provide alternatives
- Glamorize alternatives
- Hold people accountable *consistently*

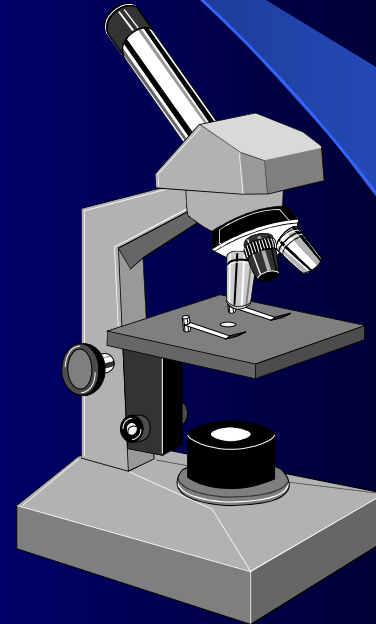
Drug Policy

- Zero tolerance for use of illicit drugs
- Process for administrative separation
- Treatment offered
 - All paperwork for discharge will be completed prior to treatment

What Are We Looking For?

Tested by urinalysis

- LSD
- THC
- BZE
- Morphine
- Heroin
- Designer drugs
 - e. g. Ecstasy
- PCP



Cocaine

Appearance

- White to off white powder
- Flaky
- Rock (compressed)

Crack

- White to tan
- Rock like substance
- Waxy appearance

Packaging

- Tin foil
- Glass vial
- Plastic Baggie



Methods of ingestion/ onset of effects

- Inhaled / 3-5 min
- Injected / 5-10 sec
- Smoked / 5-10 sec
- Swallowed/ 3-5 min

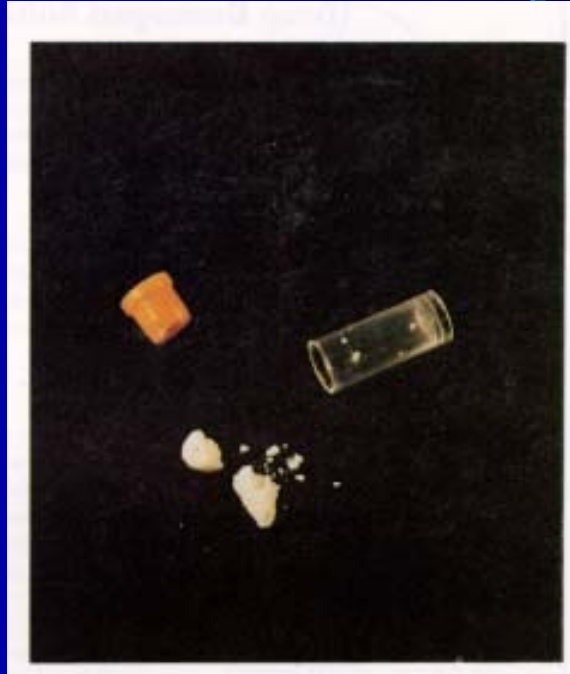
Physical and Psychological effects

- Increased Alertness
- Euphoria
- Hallucinations
- Panic attacks
- Increased heart rate
- Dilated pupils
- Paranoia

Cocaine

Street Name

- Coke
- Snow
- Blow
- Toot
- nose candy
- Flake
- the lady



Paraphernalia

- Mirrors
- razor blades
- Straws
- Grinders
- Spoons
- Plastic baggies
- Scales
- Pipes (crack)

Ketamine

Appearance

- Comes in Liquid however can be made into a white powder



Effects of Ketamine

- Euphoria
- Loss of inhibitions
- Out of body experiences
- Numbness of body

Street Name

- Special "k"
- Cat Valium
- K
- Jet
- Green
- Super C

Uses of Ketamine

Ketamine is primarily used in veterinary medicine and a general anesthetic.

Rohypnol (Ruffies)

Appearance

- White color tablets

Effects of Ketamine

- Loss of inhibitions
- Drunken state
- Memory loss
- Coma
- Blackouts Out
- Confusion
- Possible death if overdosed



Rohypnol tablets are white and are single- or cross-scored on one side with "ROCHE" and "1" or "2" encircled on the other.

Street Name

- "Rophy"
- "circles"
- "rope"
- "rib"
- "roach-2"
- "roofies"
- "roopies"

Uses of Rohypnol

Rohypnol is legally proscribed in over 50 countries (including Mexico) for treatment of insomnia or as an pre anesthetic.

Lysergic Acid Diethylamide

(LSD)

Appearance

- Different colors
- Can come in Microdots, on blotter paper, or in pills.



Effects of LSD

- Visual hallucination
- Distortion of sizes and shapes
- Impaired judgment



Street Name

- "Acid"
- "Double Dome"
- "Cube"
- "Stamps"
- "A-Bombs"
- "Dots"
- "Paper"

Users of this drug state

"They hear colors and see sounds"

Heroin

Appearance

- White powder
- Tan powder
- Black Tar

Effects of Heroin

- Affects the central nervous system and acts as both a depressant and an analgesic (pain killer)



Street Name

- "Smack"
- "Junk"
- "Bags"
- "Horse"
- "Tar"
- "Bundles"

Heroin is highly addictive and is the most abused opiate drug"

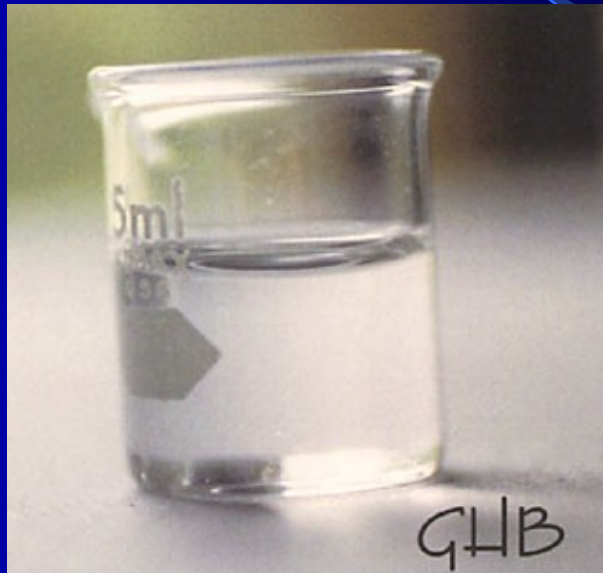
Gama Hydroxy Butyrate (GHB)

Appearance

- Clear liquid
- Salty taste
- Thicker then water

Effects of GHB

- Euphoria
- Anxiety
- Loss of inhibition
- Loss of coordination
- Impaired judgment



Street Name

- "Liquid E"
- "G"
- "Easy lay"
- "Salty water"
- "Georgia homeboy"
- "Liquid X"
- Scoop

GHB is legally produced in Europe and is used in the treatment of sleep disorders. It was also used by body builders as a growth hormone stimulant.

Methamphetamine

Appearance

Powder or
Compressed
powder

- “ICE” clear or yellowish rock

Packaging

- Tin foil
- Paper
- Glass vial
- Capsule
- Plastic Baggie



Methods of ingestion/ onset of effects

- Inhaled / 3-5 min
- Injected / 5-10 min
- Smoked / 5-10 min
- Swallowed/ 10-20 min

Physical and Psychological effects

- Depression
- anxiety, fatigue,
- Paranoia
- aggression, and
intense cravings for
the drug
- Violent behavior
(homicidal/suicidal)

Methamphetamine

Street Name

- Bikers Coffee
- Chalk
- Chicken Feed
- Crank
- Crystal Meth
- Glass
- Go-Fast
- Ice
- Methlies
- Quick
- Poor Man's Cocaine
- Shabu
- Speed



Paraphernalia

- Mirrors
- razor blades
- Straws
- small plastic tubes (used to "snort" speed)
- oddly-folded pieces of paper (used to store speed)
- small plastic bags (around 1" square), glass vials, glass pipes.

Marijuana

Packaging

- Plastic Baggie
- 35mm film container
- Wrapped in plastic to avoid odor

Methods of ingestion/onset of effects

- Smoked / 10 to 30 min
- Eaten / varies

Lasts for 2 to 3 hours



Physical and Psychological effects

- Relaxation
- Happiness
- Euphoria
- Increased heart rate
- Paranoia
- Increased appetite
- Restlessness
- Anxiety attacks
- Panic attacks

Marijuana

Street Name

- Weed
- Pot
- "J"
- Herb
- Joint
- Blunt
- Mary Jane
- Reefer



Paraphernalia

- Bongs
- Rolling Papers
- Roach clips
- Scales
- Lighters
- Large plate for cutting and removing seeds from Marijuana
- Aluminum cans for smoking Marijuana
- Aluminum foil pipes
- Dug out
 - Metal pipe with a hollow end that holds Marijuana

MDMA (Ecstasy)

Appearance

- Normally pills, however comes in powder, or capsules

Packaging

- Plastic ziplock baggies
- Shampoo bottles for smuggling
- Packs of candies (look very similar)



Methods of ingestion/ onset of effects

- Orally / 20-40 min
- Snorted / 5-10 min
- Smoked / 20-30 sec
- Injected / 10-20 sec

Physical and Psychological effects

- Euphoria
- Empathetic feelings
- Nervousness
- Rapid Heart beat
- Teeth grinding
- Scratching / rubbing skin

MDMA (Ecstasy)

Street Name

- "E"
- "X"
- Hug drug
- Go
- Disco Bisket
- Adam
- "Rollin" (under the influence of MDMA) "are you rollin"?

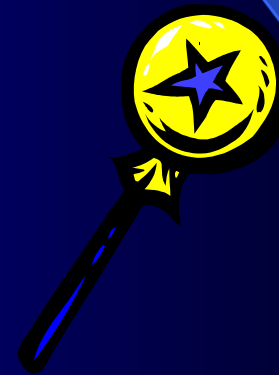


Paraphernalia

- Blow Pops
- Pacifier
- Vapor Rub (methanol)
- Chem. lights
- Surgical masks
- Nasal inhalers

PERC-A-POP

- A NARCOTIC PAINKILLER THAT LOOKS LIKE A LOLLIPOP—
DESIGNED TO SPEED RELIEF TO CANCER PATIENTS



Indicators of Possible Drug Use

- **Dilated pupils**
- **Unexplained outbursts of anger**
- **Mood swings**
- **Unreliability**
- **Lethargy at work**
- **Sick call or calling in sick frequently**
- **Poor hygiene**
- **Secretive behavior**

Defining the Balance

Discipline

- Disciplinary action for behavior
 - Article 15/UIF
 - Eval entry
 - Processed for Separation after 2nd ARI

Help

- Medical referral for prevention/treatment of abuse/dependence
 - Non-punitive
 - Referral through command
 - Education and/or treatment as appropriate

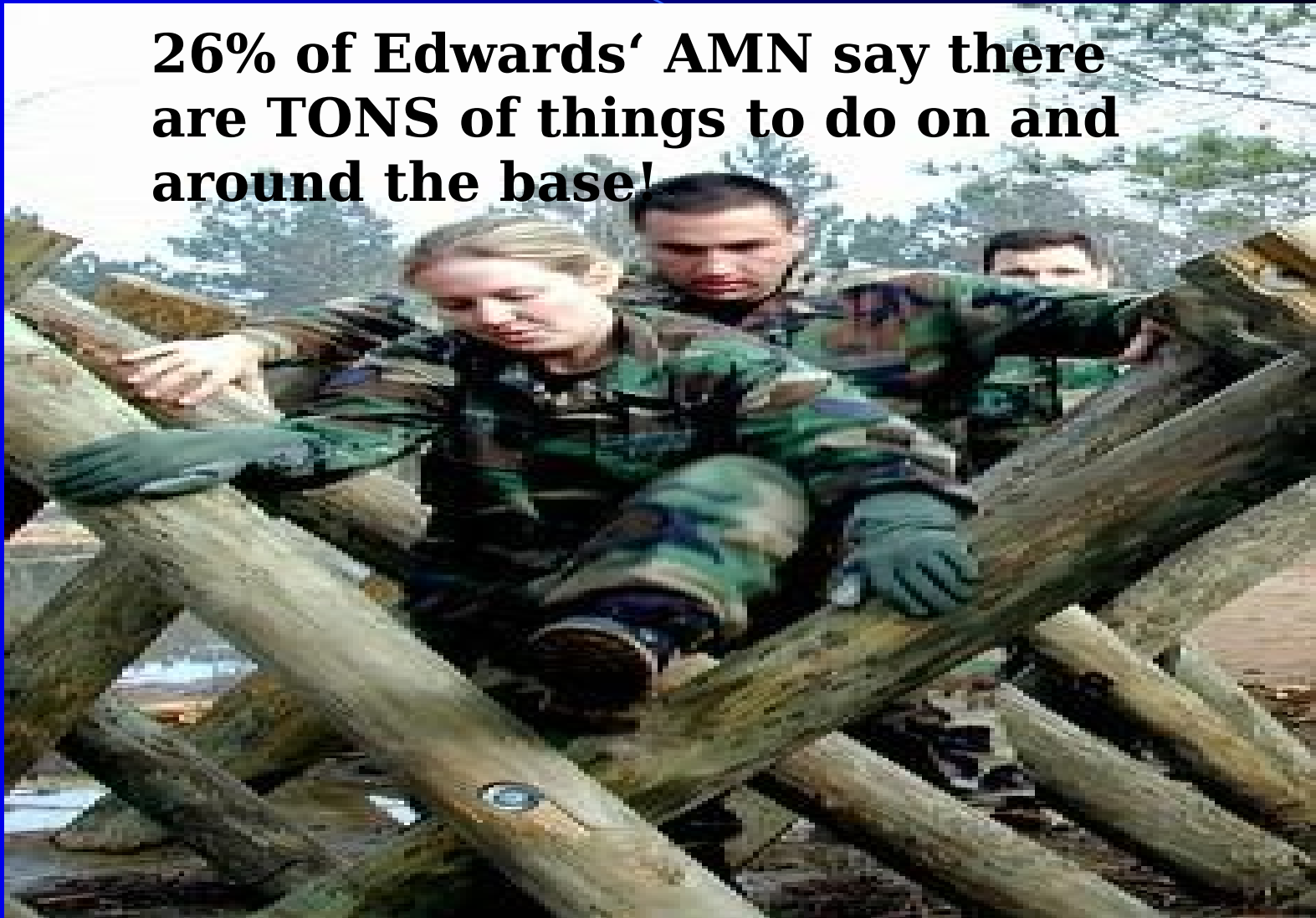
Prevention

- Lead by example
- Know and support command policy
- Ensure Airmen attend education
- Ensure consistent consequences
- Promote alternatives
- Promote climate which says “It’s OK not to drink”

WHAT CAN PREVENTION DO?

- **MOTIVATE THROUGH
SOCIAL MARKETING**

**26% of Edwards' AMN say there
are TONS of things to do on and
around the base!**



85% of AMN surveyed say something weird happened to them when they passed out first during a drinking episode.



RESOURCES FOR LEADERSHIP

ADAPT PROGRAM
277-5291

Drug Demand Reduction Program
277-4791

OSI
277-2208

Employee Assistance Program
277-6073

For further information:

www.alanon.com

RESOURCES (CONT'D)

- www.whitehousedrugpolicy.gov
- www.theantidrug.com
- www.nida.nih.gov
- www.health.org